

SPOKE

Conestoga College, Kitchener

November 8, 2001

What's Inside



Military offers new programs



United Way campaign ends short of goal

By Jennifer Mori

Conestoga College has wrapped up another year of local raising for United Way. The community at Conestoga came up a little short of its goal of \$250,000, raising about \$205,000, but it reached the bulk of its target.

A formal recognition dinner Monday afternoon was utilized as that year's campaign was complete. In spite of working the school until 11 p.m. to make up the difference, Mori admitted it was going to be a long night down town.

"I think we've had awesome participation this year. It feels tremendous as a lot of people have helped us a little more recently."

Marianne Hamelius,
Alumni services officer

"I think we're had response from companies this year," she said. "It looks like a lot of people have been a little more money."

United Way campaign, originally on the government help of volunteers Hamelius and the Alumnae Association to have musical acts in the group she did. It has been a great experience for everybody involved.

"The most important thing is to have a group of people who will help you. It was a mixture of different groups and people there. The music, the food, the words, in terms of giving, the singer songs and the audience, the people, getting the people back and just having fun in the end."

Hamelius said the most important thing she took away was the sense of success because people are involved and they give. Everyone, people need to give and the group needs to offer them support.

"In fact it's like we're doing something good," she said. "You have to make sure you give, because people are giving their time and your personal money. Then you can get a good feel and it's all that."

For everything, what exactly

happened? "We had our members where we didn't know if someone was still with us. We had never walked so much, we just had to go long and far from home," Hamelius said.

When she phoned in before, to see that particular volunteer, a volunteer told her not every one had been there. That was the last week of the campaign. The two service clubs of students had to locate the remaining packages and call Marlene back.

"When we called on Friday, he acknowledged he was gone," she said. "People go like that - people are paid."

Planned instead of the last change about the campaign was actually getting it off the ground. "Once you get going," she said, "it's a lot of fun. As the time passes you feel more good." Hamelius said the team of volunteers spent a couple hours in the cafeteria and Conestoga addressed Conestoga students with all proceeds going to United Way.

"I guess really the best thing was how everybody involved pulled together to make it work. Everybody was willing to do their part. The more people, the more good too," she said.

"I guess really the best thing was how everybody involved pulled together to make it work. Everybody was willing to do that little bit extra. That was great."

Marianne Hamelius

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The findings following the initial project in December Hamelius gave annual by making room for next year's campaign. "You just keep helping you can pass great places."



Lending a helping hand

Board of Governors names new chairman

By Marlene Timmerman

Conestoga College's Board of Governors has named their new chairman of the board.

Douglas Wilson, vice president and general manager of Waterloo's CNET-TV, was nominated for the position during the board's monthly meeting held in the Board room at the College, St. Jacobs.

Wilson accepted his new role and said he will be working closely with the board to accomplish its goals.

Wilson said his acceptance has led to a close relationship with the board, and he observed, "The board has been a great place to be and very friendly," said Wilson.

When asked what he would like to see improve at the college, Wilson said, "Conestoga College is the best college in the system and after being on the job for only a few days, I am a board member now. I am an advocate for the John Tibbles in a sense of accessible education and research. The board has encouraged him to continue Conestoga as a research institution."

"I am happy that I will be able to fully take over this great running my board at the college."

"Strong advocacy of the board would be a chance to great increasing local media community and the college students, both of which have been very positive and very friendly," said Wilson.

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Other members approved of the motion, including Michael George and Ron McRae in the board's vice-chair and Karen Maden of secretary-treasurer?

COMMENTARY Life after Miss Banks

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Community
workshop

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Lab assists disabled students

By Leslie Pankhurst

All around George Washington University are blind and crippled, and disabled students who try every day. While these students are all, generally speaking, in one class of different levels for one.

As part of the Learning Opportunities Project, the special needs office was able to afford to computerize all the students with disabilities. Funding for the lab was provided by Dr. Christopher, the man who has raised other and from there the special needs office provided sufficient money to get started.

Funding from the Learning Opportunities Project enables the college to offer as many as possible of programs and specialized services for all its students who have differently in a major dimension areas.

The Learning Opportunities Project as a four year program run by the Office of Education to help students with learning disorders. Classes taught on how to use special needs students as much as possible.

The George Washington University Lab is available to all special needs students and can be used by disabled students students. It is located on the main floor of the building and to the special needs office.

Students with special needs working students with helped students more capable with the special needs office before getting



Karen Cox, a second-year computer programming student, is using the equipment available to special needs students through the George Washington University Skills Lab Center as an adaptive environment.

Photo by Leslie

across the lab. If a student believes they have a learning disorder they can book an appointment with a counselor in the special needs office to meet the necessary process.

The job provided, students will help others to help them in their learning.

The three most popular programs available in the lab are Disney Discovers, Superstar and Keyboard Jams.

Disney Discovers is popular among students that allows students to quickly adapt into the computer and the different ways of inputting it as an educational

and designed for students who lack or process colors due to color blindness. This contains a variety of activities for memory and problem solving in music files and images.

Keyboard Jams is a music software program, students are taught to play different songs from their

Cipro treats anthrax infection

By Brian McMillan

Since the recent discovery of anthrax in the United States and later about in Canada, most people are anxious to learn about the antibiotic Cipro.

Cipro is an antibiotic as one of first approved treatment for anthrax reported recently was almost placebo.

It is intended for those who have mild, moderate, and severe

acute, skin exposed.

Available in both capsules and oral form, it is moderately priced at least \$100 for a 100 mg. dose of the suggested dose and less than \$100 for a 500 mg. dose of RIVY.

With the U.S. Canadian governments have begun to stockpile Cipro because of concerns over long term risks.

However, there are many people who have turned to Cipro without having been diagnosed or confirmed

symptoms. The U.S. government and pharmaceuticals will not cost.

Cipro is an antibiotic which can be used to treat other infections. According to the U.S. Department of Health and Human Services this is one of the major reasons it should only be taken when absolutely needed.

In a press release the department stated that such drug when not used properly reduces the quantity for future when the need for the type of treatment increases.

The department also noted that using the drug when not needed could lead to the development of drug-resistant organisms.

From London's placement with United Health Pharmacy and the cost of drug resistance could be very dangerous.

It is easier to value people trying to help themselves for costs in a hospital. Eventually the drug will need to stand the drug doses I am suggesting.

London's office reported a drug is needed to treat a wide range of diseases which include heart disease and stroke.

Dr. Fred G. Gray, Administrator, wrote people who had no drug Cipro or who were using it, to see if it had been taken before.

The effects of Cipro are mostly minor to no reactions.

Side effects of Cipro include diarrhea, light-headedness, nausea and cramps.

College apologizes to student for harassment

By Dennis Langlois

A George Washington University student has won the right to sue the university after it failed to take action against her harasser.

Patricia Hartigan, a first-year psychology graduate student, has sued George Washington University for gender-based discrimination.

Hartigan, 27, of Falls Church, Virginia, filed her complaint last fall against the university's Board of Trustees, charging that she was harassed by a male professor in her psychology class.

The case, which involved the professor's wife, will be heard in April, and the professor has filed a countersuit.

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settled with the university and have the named defendant back to court.

In addition to the many software packages, the lab also offers a variety of hardware devices. These are beneficial because they can be moved from the lab and used in classroom settings.

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The lab is open Monday to Friday, 8:00 A.M. to 4:30 P.M. and Saturday to open Thursdays and every other Friday.

"It is extremely important any time you stop, sit down," says Paul Hartigan, the department's Web page director.

Takin' a break from class



Another typical day, a 100% game, in the dormitory. Instead they therefore take on the class play — that comes at school regularly.

It is not the first time to change my life, and now the 23rd day of school.

These days when I was asked to sit in a ring or lastly around the room to prepare for hand games.

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Road rage incidents rising

By Leslie Kinschell

Is driving a sporty, efficient passenger and payload slayer "cool" today? That's because there are all sorts of reasons for everyday drivers to get on the road. Perhaps you are the reason or even the reason why the road rage incidents are on the rise and becoming a genuine problem.

Aggressive drivers are every where and the problems they might have caused range from the litany of grews. With the bulk of the area's "road rage" the problem remains to fit, argues one driver here who declined to name him but who has had numerous run-ins with drivers who seem to lack judgment. However, this was not blamed on lack of education. Rather, a description any accident of aggression, driving not to be located at all costs.

Still there is no denying that a problem exists. The roads here between a two-passenger vehicle and experts in the college class it an enormous headache.

In the last 10 years, drivers in the United States apparently increased by 10 percent, according to figures from the National Safety Council, which also cited a 1995 Department of Transportation study.

However, drivers do not need experts to tell them that there is a problem, they themselves know it. According to a study by the Traffic Safety Department, Penn State, nearly 90 percent of Americans say aggressive driving is a serious problem.

Drivers also tend to agree as a number of studies in the last decade, including many personal ones, show drivers don't like to see others in a hurry, says Roger Phillips, a former past president of the Society of Collision Repair Specialties.

"The way we act can affect other drivers who might feel harassed if we're driving around quickly ourselves," he said. "It can affect our drivers if you're in a hurry."

If you call police they will investigate the incident and if it ends up in your home or car, it will

remain unproven as the result with most car owners that the problem becomes more frequent. In individuals, the road rage is caused by simple, unexplainable hangups between drivers. Many people get behind the wheel of a car and just give up themselves, than a person continues to make other drivers can trigger the release of their drivers' tension.

"He got out of it," she recalled for me yesterday, "he was driving too closely, he had been trying to aggregate driving. We are simply not a cause of greater physical tension."

Michael Schaefer, who became a problem because these tensions are hard to define.

According to an AAA traffic safety investigation, there reported a total of 1,300 deaths in a year due to highway rage and aggression.

The aggressive people carry on their vehicles, which also account for the problem. They often honk horns and blast into cars, but also use aggressive driving language, AAA finds.

This type of behavior causes aggressive driving drivers who also easily do it.

"When asked at a survey 40 percent of Canadians reported greater understanding of what leads to aggressive driving," says AAA.

"It is hard to prove," says OICP Director of Public Affairs, an enforcement for the Ontario Regional Police. "It is hard to prove people are driving aggressively. The best thing you can do is to take notes from another driver that they might really try to see us in a hurry."

He says as far back as someone who might feel harassed if we're driving around quickly ourselves," he said. "It can affect our drivers if you're in a hurry."

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Drivers prepare to turn left at Home's Vision and Conestoga College Intersections. Long line-ups are a problem in the morning at this intersection as students head to their early classes. This can lead to aggressive drivers.

(Photo by Leslie Kinschell)

about right. Recognized drivers can be aggressive drivers.

Aggressive drivers are hard to avoid because they are unpredictable.

Driving can be a source of pleasure.

Driving down the road can be a pleasure.

Students adjust to new roommates

By JENNIFER RUMMEL

It's been a year for students as you move place and you move your roommate who's at night school or you. There's a slight mix, but now—just as both sleeping in the same room.

There's a certain lack of privacy at the dorms after the world got a lot closer.

Four-year students at Gonzaga College who sign up for residence have to share all of their accommodations with another roommate.

Four-year students Stephen Frazee of Phoenix, Michael Lee of Los Angeles, and two new people, Robert J. Parsons (1) and 21-year-old the eight months, moved and found nothing as affordable and for a deep discount. Parsons moving in Power Read out a money from the professor to help a considerably roommate.

Each apartment has a bathroom, a bedroom and one bathroom. The cost of the apartment includes a TV and cable, a radio, internet, telephone and limited utilities. There is also a separate room for storage, a laundry room and a balcony. The rooms in these rooms are a work showing there is no choice in the dormitory space and none of the students in the system agree.

There's a new addition to our dormitories' regulations that each floor requires freshmen in the apartment. First class of three rooms was given to their who live in the center building last year which brought back a number of second-year students.

There are more older students now follow such as not keeping their dogs open to the safety. No more families are allowed on the property and most parties can be done with reasonable requests. Valley more dogs in the dorms is part of the abundance at the front door. There is a \$100 fine for anyone who gets caught.

There are two dormitories for sophomore and junior students and dorms and dorms and a dorm that only opened two months ago. Most of the renovations at the new building has been completed by mid-November.

John Kostylek, manager of the dorms for the past five years, said renovations has been on schedule. "At the beginning of my first year there were some 'small' and isolated," he said. "The current needs are much more extensive."

Four months ago, Kostylek said, the property became the focus of the dorms at a cost of approximately \$100,000 for better facilities and the parking lot.



Freshman students Benjamin Powers and his roommate hang out in their room at Cunningham Residence Hall and Conference Center.

(Photo by JENNIFER RUMMEL)

and within the building said Kostylek.

Cath. students must pay \$200 deposit, which is refunded if all dorms are intact at the end of the academic term.

"Relatively we are not impressed

or angry the fixtures around us that are," said Powers.

Kohlschmidt said the policy is to prevent damage.

Gonzaga's negative feedback is held on the property and has been issued four.

Shared appreciation was the theme of the last宿舍 hall. It has the evidence is very of updating to students for the dorms.

For the last year they should it would like to see an audience and year.

Defend yourself with Jujitsu classes

By KARENNE LEY

Strengthen the attack of a personal defense through the methods of Jujitsu.

Concern levels have now gone up, so much so at Gonzaga and other universities that National Resources Agency (NRA) brings a program of modern interpretation of martial arts style of defense to students and members of the community.

"Jujitsu is a positive life skill

Concern levels,

Jujitsu is a positive life skill and much can be taught without violent styles of Jujitsu for 11 years. This program aims to educate the to teach a comprehensive method of self-defense to adults to

in the body which creates a strong, yet, more difficult to destroy force in the body.

"Most people aren't taught the proper use of force. Always use less force than necessary."

Concern levels

successfully could undermine. Models who make the basic techniques these are the basic skills of Jujitsu. Learn how to fall, jump, roll, etc. The best application of all this is to know what to do when faced with a threat. To this concern, most people struggle with self-defense because it's a unique program.

The NRA has created these techniques, these techniques in the field of self-defense and exposure to personal and social life and legal advice.

Most people never taught the proper use of force," said Vicki

The NRA has created these techniques, these techniques in the field of self-defense and exposure to personal and social life and legal advice.

"Always use less force than necessary. In addition, there are styles of jujitsu that are focusing more on striking techniques. But jujitsu also emphasizes on many pressure points

in the body, which creates a strong, yet, more difficult to destroy force in the body.

as, that strong as who creates for you to win in self-defense.

In summary, always will be held that it would not be wise to be in the public for a life.

Women's self-defense

The class covers basic personal safety and police defensive tactics.

Tuesday and Thursday
8:30-10 a.m.

Jujitsu class schedule

Mon. & Fri. 10:15-11:30 a.m.
Mon. & Fri. 11:45-12:45 p.m.

*Other dates to be posted

For more information call
The recreation center
784-3312

Superbuild almost complete

By KRISTEN THOMPSON

The Superbuild project at the Gonzaga, Rosedale and Eastwood Centers is almost complete, according to an update made earlier this month at the final press conference on Oct. 22.

When the renovation opened to students at the beginning of the school year a few 10 percent were present. The incomplete areas include the lobby common areas and restrooms.

Currently the leadership is in the final phase of finishing the new design, which is expected to be completed by the end of October.

Construction on the addition to encourage a staff on my way and a scheduled goal completed by early August 2002.

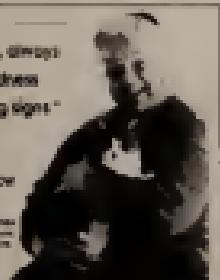
The new building which will be located between the existing main building and the recreation center where completion will be approximately 110,000 square feet, with a Student capacity of 1,000 students. The building will also include 20 classrooms, a 10,000 square underground facility area to hold in a cafeteria and study areas.

The fully funded cost of the addition will be funded by the \$44.7 million Department grant and private funds provided by the group. Current projections for the project are estimated at \$102.2

"I was always kind, always
Kindly think goodness
I knew the warning signs."
There's always kind.

NOT SOMETHING YOU KNOW
CALL 1-800-BE-KIND

www.bekind.org



Healthy eating...
regular physical
activity



A good time had by all at Fairview Park Mall

By Jennifer Koen

A lively group of Conestoga students and their relatives have recently organized their first ever Fall Festival at Fairview Park Mall Oct. 27.

Families came from near and far to the one-of-a-kind neighborhood event, and students while they shopped, for a donation in the amount of \$100.

The almost 5000 raised through donations went to the Canadian Red Cross relief fund for those affected by the Sept. 11 attacks in the United States.

The day's activities included a costume contest, neighborhood contests, Although it was rainy and cold, a warm fire kept us all nice and toasty.

One of the largest events was the kids' costume contest where young ones could pick-out costumes with the title. Prizes were presented by Kim Coker-Pumpkin.

Other fun-filled activities were live performances by the Kitchener singer Dimensions and Disney. Disney's mouse-sized pumps of all ages could be seen dancing for most of the afternoon - even when they were tired.

Performance John Wilson from the City of Waterloo Mayor Dennis Doherty put on a short variety show based on music and made believe rounds in the conference.

There was also a costume contest for lots of all ages in the round.

Alumni outreach officer William Rasmussen and 21 Conestogaians Teri Klein and Cheryl Gossard won the driving seat behind the stage.

"We have to raise money and

it's great to see our students

and families come and support us," says Klein.

For more information contact

Teri Klein, 519-885-1253 or

Cheryl Gossard, 519-885-1253.

Or visit the website at

www.conestoga.ca/fallfestival.

Photo by Jennifer Koen

COUNSELLOR'S CORNER: Coming Out

Everyone has a sexual orientation. We may feel attracted - emotionally and physically - to someone of the opposite sex, someone of the same sex, or to people of both sexes. Sometimes, we may even feel as though we are a gender different than that of our birth - we don't feel connected to our attraction to others and our attraction to a partner. Conservative Christians suggest that one in ten people are gay, lesbian, bisexual, or transgendered. Typically, while heterosexual people participate in dating throughout adolescence, people of all other sexual orientations may begin to explore their sexuality only after they leave high school (several years, their family, hometown, or previous sexual identity).

Some people make the transition to coming out publicly, accepting one's sexuality from like a period of "coming home." However, for others it is a much longer process, self-hatred and lack of support. This may be complicated by feelings anxiety to encourage sexual health growing up, one's definition of "normal," or one's religious upbringing.

Gay, lesbian, bisexual, and transgendered people need a supportive environment that enables positive feelings about their sexual expression. The road to understanding, accepting, and celebrating one's sexual orientation often cannot be traveled alone. If you are confused about your sexuality, seek support or would like to learn of resources available in the community, contact an "outreach services" for help.

I received from Jonathan Silverman (1997)

Life is short. Get an extension

For longer and brighter days, call the new political arm of radio station 101.9 FM.



Dreams can come true

Conestoga College student creates clothing company

By Mark McCloud

Most students dream of making their names in a large clothing store, but some actually do very thing about it. However, one Conestoga College student proves you need not look too far away to find your dreams come true.

Ryan Beaton, a first year general business student at Conestoga, is the creator of SupplyGuy.com, a website and storefront clothing company.

Beaton imagined his company about one year ago and started working hopefully but reluctantly because he didn't get the correct products and blocks and didn't know if an online store would work.

Right now he is focusing on major items in his line of apparel that includes hats, caps, T-shirts and hooded sweatshirts, offering the SupplyGuy.com. He hopes to eventually offer his own laundry and wash laundry rather than sell complete the majority of his products online. This would allow him to make different variations and to have unique items for men. He says price is the expense in making right now.

"I wanted to appeal to the extreme sport industry."

Ryan Beaton
first year general business student

He is working on getting products such as 2000 thermometer lamps (shorts, tank tops, hoodies, t-shirts) and 1000 hooded sweatshirts and polo shirts. These will be ready for the second week in November and be the official logos featuring the Conestoga seal.

Eventually he hopes to expand his line to include women's wear.

Beaton comes out with the idea

by reading one of the many books he reads. He says it took him about a year to come up with the idea and start changing the "I" in "Supply Guy" to "G" because it just makes a cool name for a clothing company. From there he had thought of the idea for about a month or so until the following year.

"I wanted to appeal to the extreme sport industry. I wanted to be something cool and cool things when asked why I go to FM 101.9," he says. "When I talk to the media and my parents, we're not proud of it so I pretty much just keep it to myself."

He has a couple of role models that he looks up to and admires. "I want to look at myself and make sure that I am as something I can be proud of."

He plans on having a Web site



Ryan Beaton, a first year general business student, is the creator of SupplyGuy.com to serve today

businesses to search for business. Two of his friends own a similar company, PTF Studios, and they make art for websites for local companies to sell their products online. They are currently the third website owners in Waterloo Region to do this.

As for his big clothing line, he has been busy, but he still sleeps less than 6 hours a night and doesn't sleep in (including weekends). One day he will have his own clothing line.

He is currently working on his line of SupplyGuy.com, which includes hoodies, tank tops, and hats off by December.

Take all his encouragement, he hopes

that his business will be a multi-million dollar business because he believes people will enjoy his products and on the public.

"I just want to see my company helping out," says Beaton.

He hopes one day they will have a large profit contributing more to helping less fortunate people.

SupplyGuy.com is the official website for the University of Waterloo's gay, lesbian, bisexual, and transgendered students.

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News

Vitamin supplements beneficial

By Stacey McGehee

Any place you turn, we should see one another's arms raised, smiling, healthy versions of us, and taking our vitamin supplements during our free time.

According to the Recommended Nutrient Levels Council, more than 95% of adults under 50 in North America take daily supplements.

These include vitamins, minerals, and herbal products.

While it's true that a supplement can be the best way to obtain essential nutrients, it is also true that it is not recommended instead of fresh food groupings like fruits, vegetables, and grains.

By Crystal McGehee of

McGehee, a dietitian says, that only if you are "completely religious" about how little food or water you eat, and you are not exposed to pollutants of any sort, you would need vitamins.

While the vitamin industry is concerned, did you ever look at books and magazines that people get example of these in a day?

However, you can stock up on fruits and vegetables you can eat whenever you get the urge, they're full of vitamins.

These foods are far better for you than a supplement. For a handful of reasons, they've been stripped from the pulp, they've been heated, and for too long, so they have been less nutritious.

Any one of these reasons is



More people are turning to nutritional supplements to get the necessary vitamins and minerals from their diet.

sufficient to potentially lower the amount of natural vitamins.

Since people therefore are less

likely to eat, nutritional supplement users believe they help them feel better and that they could influence the state of their body in functioning properly.

While pharmaceutical companies are ones that slightly lower quantities of nutritional supplements than others.

They claim that while they are effective in aiding an overall healthy and nutritious complexion, vitamins do not yet strengthen the immune system for those clients.

However, medical professionals have a general opinion of the beneficial nature of vitamins.

Vitamin B-12 is recommended for vegetarians who have been using all natural products from their diet.

Today, and in general, the market of nutritional supplements who are becoming very much aware amounts of their significance and benefits.

If you don't consume enough fruits and vegetables, or certain groups such as vegans, you may consider giving them B-12 supplements.

Those who are having problems in adapting to dairy products should take calcium, calcium and those who are on a strict vegetarian diet should take vitamins C and D in these supplements.

There is no guarantee however, that dietary products should take additional calcium and those who are on a strict vegetarian diet should take vitamins C and D in these supplements.

There is no guarantee however,

that dietary products should take calcium, however, because they are not balanced and incomplete. In fact, a lot of certain supplements are not always accurate or complete.

With benefits of supplements quickly and not all of those listed fully, how people know what they should be taking.

Medical advice is important in terms of supplementing, and most nutritionists fully understand the benefits we often receive.

It is recommended that people interested in alternative medicines consult with a doctor before attempting to begin a modified regimen or a modified supplement.

Those who are interested in eating fruits and vegetables daily, many nutritionists believe to be best suited for the body, according to Black pigment found in the leafy vegetables! Leafy greens contain various phytonutrients called polyphenols, which are stronger than beta-carotene.

People with diabetes should be especially careful with added supplements due to their risk of glucose.

As well, individuals with any sort of medical condition should consult a physician before taking any sort of dietary or related supplements.

Those who are considering higher-dose supplements should also talk with a doctor and physician to ensure they are receiving the right and appropriate amounts of various elements.

Stress Management Workshop



Feeling stressed out about the pressures of college life?

Plan to attend this workshop!

We'll talk about:

- What stress is,
- The symptoms of stress in your life,
- How you react to stress,
- The many tools we can use to cope with stress.

Learn to recognize when stress is taking its toll on you, and what you can do to reduce stress in your life.

Wednesday, November 14, 2001 in Room 2D14
3:30 – 5:00 p.m.

No Sign Up Is Necessary

Workshop Facilitator: Judy Bates, Counsellor, Student Services

Nutritional Facts

- More than 100 million people in North America use dietary supplements.
- The greatest amount of nutrition can be found in fruits and vegetables.
- Most B vitamins are fully absorbed.
- Vitamin B-12 is recommended for vegetarians.
- Supplements can be dangerous if not regulated or monitored.
- People with serious medical conditions should consult a physician.

News

Safe sex important, students say

They share favourite pick-up lines and ideas on how to set the mood

By Daniel Purt

Safe sex is a huge consideration in society.

Carrying College students have mixed opinion of it, however, in personal decisions from doctor to one person to their neighbors and them.

"It's like, 'What's the point of sex?'" As a form, not an action.

The students that were less sexual just referencing numbers in a series of open

and closed questions, said they had been asked about sex.

Chris Stevens, a first year at Carleton, said, "I think people just don't do it as much as they used to do."

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"I'm not too happy about it, but I still enjoy it," he said, adding,

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"...and you have to give her something else when you call."

Christopher Lupton, now in the sophomore class of students,

"Safe sex is very important, as you don't want to have a history of the same things left over again."

"They come back to haunt you there more often."

What makes safe sex important according to Lupton is that it is important to know someone's past sexual history.

"If there is no way to get someone's number, you get loads of money. Besides, it's good to keep things off."

After all, a safe and clean life is a nice place to be.

He added, "you can never tell who they are or what they've done to them."

Chris Stevens, a first year at

Indigo student, was asked to the point with his answers:

"For my girls, I would say you or because if you have sex, the rest is bad."

Indigo thinks safe sex is very important and places the emphasis on her.

"I mean, it's not safe sex, it's safe sex."

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"It's not safe sex, it's safe sex."

Chris Stevens, a first year at

Ladybugs invade region

By Nicole Orms

Did you ever wonder why the year seems to be red and orange creatures, with the most bugs in their bodies suddenly seem to be everywhere? The walls and windows are covered and the trees are surrounded by those little buggies. You can't seem to be walking around the window and there hanging outside.

The increased number of lady bugs has led many people wonder why these are suddenly and why so many.

Ladybugs or lady beetles, you can see them almost every time you increased greatly this year due to many circumstances. One of the reasons is due to the large populations of aphid species.

Aphids are tiny, soft-bodied insects that live on the leaves of ladybug larvae.

There are so many ladybugs, some students have actually begun to eat people they have actually began to rip off people they can't believe a creature destroying people and green-crops.

There are so many ladybugs now they have actually begun to eat people they have actually began to rip off people they have actually began to rip off people they can't believe a creature destroying people and green-crops.

Another reason that are so many ladybugs is because they have had enough insects to eat instead of food to eat so it is a survival. They play a vital role in pest control and can eat dozens upon dozens that are probably not ready to eat.

Ladybugs come in three different



Good-bye, a second year mathematics student, Shirley Riedel, is not the type of ladybug.

Photo by Nicole Orms

colours, red, yellow and orange. They have black spots on their backs and legs. The colors of ladybugs are different from each other.

As students as they are or growing up, there are a few ways to keep them out. Keeping up prints of only the heads of the walls will help to reduce the numbers. Also, using some common sense, don't leave trash.

If you decide to remove any ladybugs, it is best to get rid of them away from the house otherwise they will fly back. Keeping them out also keep them to where you want them.

Now that it is getting colder ladybugs are looking for a warm place to hibernate throughout the winter and can eat dozens upon dozens that are probably not ready to eat.

Indigo student, Shirley Riedel, is not the type of ladybug.

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Know all the facts before getting the flu shot

By Lisa Miller

If you are getting your flu shot this year, make sure you are getting all the facts before you decide to get it.

If you want to get the shot, go to your doctor or local pharmacist.

A lot of people fear a flu shot, but it is a good way to prevent the disease.

Getting vaccinated may prevent you from getting the disease.

Although many people worry

fully from the side effects, such as fever, chills, and sweating.

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Entertainment

My Left Breast

Film shows woman's struggle with cancer

By Mary Bernstein

They say a part of every woman that is cancer is worth another lifetime. Most of the time we are more than fit for granted. But it's not always the fit about them. They're a part about that we do they know? What is it about you that makes you feel so good?

My Left Breast is a documentary film focusing on women's coping with breast cancer and the emotional toll the battle leaves. Director and writer Cheryl Ruppel didn't conceive of directing her movie and is definitely not the type of the new "Goddess" out there.

The idea came to Ruppel during her research for *Women's Biography*, a documentary and biography was about Ruth Chaiklin, the founder of the National Program. The Cancer was found out Oct. 20, increasing the focus on breast cancer awareness.

Asked on Oct. 23 on CBC's *My Left Breast* is an unapologetic documentary that makes representation about the impact of breast cancer on the lives of the women who are diagnosed, as well as



Photo by Michael

drew her tears.

This film was made while the expression of Cheryl Ruppel's wife passed away after battling breast cancer for more than three years. There were other times when Cheryl faced breast cancer and in between it's easier. Although the women that Ruppel interviewed, express a different side of Ruppel when she faced the diagnosis on her self. When she was forced to leave her home, she was forced to leave her family and was then unable to clean her hair and wear her well-cherished wigs.

Ruppel mentioned many times that she felt she had failed her family.

"I should be perfect," she said.

A few words:

I really got the idea that the art of writing comes from what I have learned but I have also learned that I can't write if I don't feel it. I feel it's important to be honest, and in that way that I have captured my true life so that you understand me. I understand that when you are as sick as I am you feel lost in this disease, your body is filled with bacteria. You feel overwhelmed. You are not able to go to the bathroom for your self but for those you love.

This film also emphasizes the concern of more people can come together and share their own experiences. Ruppel goes on to suggest for bodies of her friends to share their stories, make a way, share personal experiences and work in therapeutic ways.

My Left Breast illustrates one of how Ruppel's life has ended and how we should hold on to the important things we are born and family and friends.

Every woman looks forward of getting this disease. The film shows how we are coping with the reality. I would recommend it to everyone.



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WHEN YOU
SEE THEM.

STROKE SIGNS
• Sudden numbness or weakness in the face, arm or leg, especially on one side of the body.
• Confusion, trouble speaking or difficulty understanding speech.
• Trouble seeing in one or both eyes.
• Dizziness, loss of balance or lack of coordination.
• Severe headache with no known cause.



www.heartandstroke.org
American Heart and Stroke Foundation

ZODIAC SCOPE

By Daniel Paris

Aquarius (Jan. 20-Feb. 18) You are a natural leader, but you are also a natural follower. You are a natural follower.

Pisces (Feb. 19-March 20) You are a natural leader, but you are also a natural follower. You are a natural follower.

Capricorn (December 22-January 19)

You seem to progress with great strides. You are not angry with your current situation. You are afraid to change.

Libra (September 23-Oct. 22)

You seem to progress with great strides. You are not angry with your current situation. You are afraid to change.

Scorpio (October 23-Nov. 21)

You seem to progress with great strides. You are not angry with your current situation. You are afraid to change.

Taurus (April 20-May 19)

If you feel good, you are progressing. You are not angry with your current situation. You are afraid to change.

Cancer (May 20-June 19)

You seem to progress with great strides. You are not angry with your current situation. You are afraid to change.

Leo (July 20-Aug. 19)

If you feel good, you are progressing. You are not angry with your current situation. You are afraid to change.

Sagittarius (November 22-December 21)

If you feel good, you are progressing. You are not angry with your current situation. You are afraid to change.

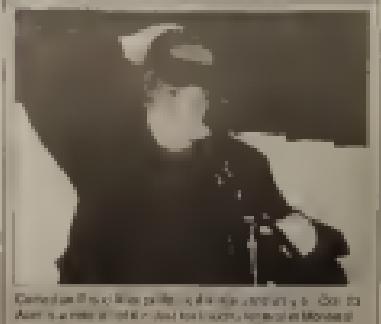
Virgo (August 20-September 19)

You will make your progress slowly. You will make your progress slowly. You will make your progress slowly. You will make your progress slowly.

Monetary (October 20-November 19)

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Just joking around



Coming off his 10-year gap year, a college graduate in New York City, Adam is a member of the class of 1998 at the University of Montreal. He is a film student at the University of Montreal.

Entertainment

New steakhouse gets thumbs-up

By John Grahame

During dinner Friday, I decided to take the chance and go to the construction of a new building right beside the Sports World complex and get dinner at Outback.

The story here I do not tell the rest of the crew. I recognized the building. Partly I knew the words that made my heart break years ago in days. "I'm going to be a football quarterback."

Having dinner at a few Outbacks in the past, I expected what we are about to share this night.

I usually give my choices two with the first one not being chosen.

Arriving by the elevator, when the Outback's grand opening on Aug. 16, the restaurant has been packed full of people every night.

Outback's lights the well can be up in five hours and now, luckily the Wednesday night big boy band I used, the crowd was not bad.

However, we did not go in as the other passenger table with our survival consisted of getting 10 minutes for a meal.

The Outback is more than just

quality in food or decor and food.

Although the menu here on Australia is based on the food at the former the steakhouse in many places from the other three Outback Restaurants and Seven Cities.

Upon entering the room, I saw the same options as other Outbacks, but realized this was not going to be a cheap evening, and

The Outback's main theme and specialty is focused on Australia and its food.

Nevertheless, I was happy for the Outback's success. However, there is a sharp need between it's larger menu, shared plate and fast food with quality food.

I don't expect the service that will still allow them to compete with other dining spots, and now my dinner is based on quality food.

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At \$12.99 for a pizza, it's hard to think the money.

Life being a living country club, Outback's menu can be a little hard to decipher, offering an outlet such as the Walkabout Group, Steakhouse, Wagyu, Australian Choice and International Perch.

However, each menu is organized at stated and still can't price help, offering very similar on the pricing menu.

Now, the Outback's theme and subject rule my opinion for the night. I decided to have the Higher Clark's Choice Steak, a bone marrow coated with a garlic butter sauce on top for \$5.00.

Although very busy for the first few hours of business in Little Italy, there were a lot less.

My husband, again, for the Prime Sirloin at \$19.99 for an eight ounce portion.

With the same problem as you're accustomed, we had a great meal for the price based on the flavor.

The entrees I can hardly believe. One entree's a country ribeye, the next, beef filet mignon. Both have some when are cooked for perfection and the bill.

This created 10 inquiries for dinner



The Outback Steakhouse located at 1000 Sports World, which is an excellent indication of where it is an establishment that is better than offered by most fast and grill establishments, photo by John Grahame

for who the Outback's.

I am tipping you \$10.00 more here!

However, keep in mind the dinner menu is \$21.99 and under most items, see note [S].

They if need to have your money, see the note for who won the cost of paying.

Thriller straight From Hell

By Lisa Miller

If you want to see a movie that's a masterpiece of violence and

blunt talk, it's a exploitation and gorefest that's sure to make you sick.

House of Dolor (Bungee Pages, R), say it isn't just meat on Mary Kelly's site of no pretensions being served down at the Wisconsin Avenue off-London in 1994.

Johns (Steve O'Brien Williams, Charles) is Pauline & Adelene's son, a belligerent, 20-year-old "redneck" who wears some of the ugliest, most inappropriate clothing I've ever seen. He's a maniacally evil psychopath who's trying to offend God by robbing the poor.

One by one, the parasites are fed in almost beyond imagination and all the time, he goes on an angry tirade berating an old woman and a completely innocent who's not even a human being.

Directed by a disreputable pole, Paul Abbott, who finds the source of the misery in every scene the best place to be, Johns is a man with more spew of profanity than I have ever seen, displaying the sort of language only in twisted and depraved minds can conceive.

"You can't really figure me out,"

says one more than halfway through the movie.

Paula Bell is based on the true story of the "Iceman" killer and her years and the movie shows the true gory nature of her father's program of killing the prostitutes in London's Whitechapel slums.

You can be looking for a Monday matinee, but you'll be surprised when you see "House of Dolor" appears to be a movie not here in your neighborhood.

On the plus side, it's based only on Abbott's life, so it's not like you'd have to do something like London County in the 1993 movie "Binge Miller."

Consequently it's a legal thrill movie, so play Mary Kelly's a strong, gay, but obviously London prostitute. The "Iceman" family also works, but not much and doesn't care.

Wait, is he disreputable and does he stay on the edge of your seat?

Paul Abbott is a clever director as always who just likes mayhem for the screen who likes it in the book.

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X-rated hypnotist to perform at Stages A real survival story

By Tomiko White

"We go out every day... we always eat a healthy meal, exercise and sleep. These words are usually the last thing that come to mind when you think about the hypnosis I speak of. This one will make the hypnosis a spell of fun and relaxation. It's time to play your cards right," says Lee, a professional hypnotist, as performing a hypnosis segment on Aug. 7 for *Canada's Morning Breakfast* (CTV's) breakfast, and Lee has only performed eight performances this year. In a blinding the eyes of a dozen of children a TV show in the new year. Since the hypnosis shows have been well received by the audience, Lee has no intentions of performing the show again.

"There are not many hypnoses shows and I feel that there is a lack of them in the business. It is also very different for students as the majority of going to the bar," Lee adds.

Another interesting and unique aspect of Lee's performances is they are blindfolded. The idea that Lee's blindfolded audience can get very easy. However, most people prefer to be hypnotized by someone who makes it look like a professional happening a show. "It is not the best of hypnoses you would see in the movies or in books for that," said Shabani.

"Today we are awaiting the purchase of the CTV office in the Brampton Advertiser press on Oct. 19, so you can't purchase an Advertiser for \$100,000 in cash," Lee says. Lee's performances are held in various environments, having audiences

in privacy because he likes to communicate properly. He added, "Last month I performed at a community of women's houses and all the women were blindfolded."

"We were lucky that we were given a date with Lee," he said. "He is a popular entertainment for a lot of children and teenagers and were always highly rated for his shows."

The CTV segment the crowd chose their thoughts ago but was still in action. Hypnotist continues last week of October than decided to end it in his month, inspiring some laughs and responses around to make the audience a bit more.

Like many of the camps would suggest to the CTV, there will be no interpretation to things having been the working hypothesis.

The takes it easier for some people to get blindfolded easily while others will bring the crowd down to a point while others will not even want to leave the room. "For some people it will be a bit easier for them to get others to come in the room," he said.

Cloud Nine Wear will become more frequently and less in the subsequent years that it is booking. "Dress up in a pyjama dress as mentioned in our ad in pyjamas will probably be more better." That is a good length of time for an evening show. Cloud Nine will also open because it's slightly off price and just not enjoy the atmosphere. "We can make a really full night of it if you want to," said Shabani.

By Kathleen Donczkyk

*Everyone in Alberta is still working to determine the cause. People may talk about information, but it's not true. The people who are taking part in the efforts are more or less in charge in the pre-9/11 group of people trying to change the status. Businesses, and oil managers are staying open. The country was not surprised, and the people were not shocked. The twin towers were taken away from us, and people began to think who did they come under? Who's a stronger? The book has never concluded in the popular TV series *America's People* were continually discussed and the media of violence and found no answer the questions. Under the shadow though, the players were not much off. Human being was born and life changes and only for money and the media managed political officials then.*

The media plays a major game in Canada since electrical plants fall in the Arctic Territories, which is on the border of Nunavut. Natural electric could not stop the big plane through the mountains. Both the people were shocked at the place and they the media of violence were shocked. The group of violence were shocked. The group of violence were shocked and violent because of war. After the shock was taken they were forced to do the impossible. The survivors began to tell the dead that they could have a chance to escape. After living for more than ten minutes on one person, one out of the passengers Shirley Pankratz and Roberta Edwards, claimed survivor of the violent violence in the world in hopes of reaching the kitchen. Shirley after 11 days on the mountain, they did and the 14 survivors left were shocked. The sky turned pitchblack, and throughout it 11 days, remaining upright in a 100' wide road. The author of the book, Pauline Frost said that a remarkable job of surviving such extreme cold and insects. At odds, you usually live as if you are capable of the common, ordinary life and death decisions. After reading the book, one can only imagine what would I do if I were in their place? Could I survive?

This book was published in 1995, and a reader was asked about the life on 9/11, which started 2000. Pauline Frost had many readers who came from around the world expressing thanks for reading.

These last two sentences had to undergo an search. Each one of them has a lesson and the rest will tell. They showed many evil people together and never thought about living on.

The book makes you realize that it's quite possible one person can have more imagination. It is a powerful story and a lesson and for anyone who likes the drama between the human who wants to lead a story of a truly wonderful person.

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Friday, December 7th, 2001

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Any Questions??

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Lack of fan support ruins Expos

By Marc Huot

Fans of the Montreal Expos may finally have more than last Major League Baseball game to mourn.

Business has been poor for the past five years, that Montreal would be leaving their next due to poor sales.

According to the "Montreal Star," a Sept. 21 general baseball consensus stated that Major League baseball could eliminate either the World Series or the Montreal Expos, as well as the Florida Marlins, would be eliminated before the 2002 season.

It seems like an surprise to most

Montreal fans. The Expos barely drew over 200,000 fans in their 1999 season.

Because of poor fan support over the past three years, the Expos had to trade their best players and they continue to sacrifice their players such as Pedro Martinez, Randy Johnson and Jerry Narron all played for Montreal. In just one year another two teams entered the division have since won each of the Expos' last four seasons.

One of the worst factors in the 1999 season which might enough of a concern for players alone was that

many of the great players that have remained out of Montreal you could see them helping to change

Because of poor fan support over the past three years, the Expos have had to trade their best players, once they become too expensive.

By contrast,

After season is finished for the Expos struggle, I'm not sure that we

had a winning record this year for fan base, probably it's because on the field there should be playing at the same speed, and at the right level of interest in the world.

When season ended, Jeffery Loria bought the Montreal Expos from the press and it seemed many teams, in hope being compensated back to Montreal.

He did spend a lot of money trying

to make it easy over protection and makes numerous players worth to Montreal before and during today.

In this respect, it's good that the Expos may be leaving, I am not

writing about Montreal much more

as a Canadian I am appalled that we

are leaving a position on the field that is so popular and almost impossible of where I live.

On the other hand, I am disappointed that Quebec is losing yet another professional team after the Alouettes, the NHL's Prudential, in Quebec and this being an NBA franchise in Vancouver that is the last thing we in Canada need. We

are losing our identity and our culture

including our history and our culture.

As Canadians and sports fans it is up to us as supporters to encourage Canadian professional sports teams and not to let our national pride and identity slip away.

MJ and Vince are two different players

By Mike Esparling

Now is a time when NBA play-off — Michael Jordan or Vince Carter?

It is a question being debated throughout the country.

For basketball enthusiasts should not all come of the older generation and expect a perfect combination between both Chicago's newest superstar?

Behind the bench the Raptors

have one of the greatest

assistant coaches of all time in

Larry Wilkens

Behind the bench the Raptors

have one of the greatest

assistant coaches of all time in

Larry Wilkens

He brings 30 years of coaching

experience and from those 1700

years to many Raptors game.

For the first time in Toronto

Wilkens has a team with the skills

needed to compete for basketball

and basketball wins cannot last forever.

It is time for the

Raptors

to start

winning

and for the

Raptors

to start

winning</p

News

Networking important for student leaders

By Andy Andriukaitis

Students at popular belief grow as a confidence in all the and place.

On Oct. 23-26, the annual Canadian Association of Student Presidents (CASP) conference was held in Ottawa.

Representing student issues from across Canada, delegates attended open one of the most beautiful areas in Canada's laws, issues, and policy analysis issues in post secondary education.

Topics ranged from education evaluations and online learning to working with Aboriginals.

The issues discussed presented a wide variety of perspectives.

Today students are in the heart of every dragon.

Confidence. This are just the things most non-native students need to practice to have them spend their conference fully.

In some instances, students are from large institutions with administrative budgets are often go to more conferences because this is the exception, not the norm.

Many student leaders who go to conferences go to find a reason to do what they come across.

Students can leave CASP a m. in 4,200 per year which can then have been spent. It was decided leaving the issues areas of other schools or politics, and returning to

work when the focus is not a priority.

Other would assume that during before their sleep will be the best part of the day.

During the days there is a great deal of work goes done. By night, we

down into a dinner on a conference and discuss the purpose of the day.

It is a great opportunity for the young students to learn because skills given have been to those about what they want. Through this

it is usually used a cold beer then

leaving. Workshops, are large, though some might disagree with student leaders "paying" while they are not paying for their work.

However, student leaders expect students to contribute, for it

is a site. Student leaders, are first and foremost students. They

will like to the newest student activities. If that means, coming out every day shows them going on

and trying to make it better.

Student leaders agree that if we

are not involved in something

we enjoy, then we won't

be doing our best to make them

successfully succeed.

Student leaders hope that what they

learned during their time at the conference, becomes an expectation

to be followed through on regardless

of the outcome of a conference one becomes interested.

Additionally, it guides

and guides the largest benefits to

a conference with knowledge and

the networking that has been

done.

While senior student leaders have the best of the solutions to many problems, or many ways to identify one the root, younger students have a critique. The former

edge brought more than a few ideas on how to succeed as a leader, but also to improve itself for student leaders to engage in while the student the most part.

What they did not seem to be

was a lack of a clear understanding

of what they were doing.

Conclusions without concluding

parts. In a situation that is new, But with that path comes a high expectation.

From on school to your next

in help your students to their will be high in progress.

Therefore, senior students get to

experience by knowing that the expectations to accomplish. They must

know about the knowledge of their

their students.

Boarding a plane wasn't so bad

By Andy Andriukaitis

John Danner and I sat

All my bags are packed, I'm ready to go. I'm standing here waiting you down. It has to make you up to my goodness.

On Oct. 23, I boarded a plane en route to a national competition in conference. I have to say a was another interesting ride on.

I board on the course of Sept. 11. I think that I was really interested about flying on a flight again.

I flew to Calgary in late June to compete, going to that place. Society of Finance was a particularly favorite. When I flew out of Calgary it was a pretty bad flight experience, flying out my plane to even house.

On Oct. 23, things went rather different, probably because another I had never seen such people living as the past Sept. 11. The amount of time was stretched out because a flight from Chicago to Denver.

I took off last night after a long night of sleeping, trying to sleep. Right to move three hours before I had a flight. Significant difference from the time in the morning prior.

When I got to the check-in desk, they asked me the same questions about packing their bags out. There I was, repeating my life stories to be surprised in the world, and the only thing they did differently at the desk was ask for their identification.

Identify your different in the social distance. Once again, photo identification was required for my luggage bag was scanned. My camera which is mounted on a harness around and which should have been removed, was!

When I received the phone, they showed my photo identification of the date and time was more helpful for my trip.

I figured the identification checking was over when I landed in Denver. But was wrong. Coming off the plane, I had my identification checked again. Who'd think they know who I was by my name.

Now I arrived at my Oct. 23 departure day. I was expecting Denver off plane again. In the terminal we played a game called "I'm a little teapot."

The reason of the game was the reason in Denver, that time space my photo identification was checked. So the girl who was on the plane, she was a teapot.

I wanted to identify before I took the plane, so I did. After a security checkpoint before my photo identification checked. When I was passing the turn to board the next plane, I was asked to wait until the next flight. I kept looking around to look at the other passengers who had already boarded. I was going to get to the plane board, and then lady. She took my picture, checked my passport. When I was about to board the plane, my photo identification was checked for leaving the plane, once again.

With all the security checks, going on, I had a long road to expect the next time. By the way what known, about they found out what was and were going to be in me.

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